

ARISE  
ADELANTE



# SUMMER PROGRAM



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# A MESSAGE

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Dear Friends,

ARISE Adelante cordially invites you to enjoy this summer with the children and youth of the Rio Grande Valley in Texas. Our summer program is one of our many programs that serves as an opportunity for service and cultural exchange. This informational packet describes the Summer Volunteer Program - "Un Verano Con ARISE". Feel free to use the information as needed. *(Be sure to provide its contents to your participants before they depart for Texas, as it contains important guidelines and requirements for their participation.)*

The program dates for the 2024 Summer Program are June 1 to July 6. Our local centers - ARISE Las Milpas, ARISE South Tower, ARISE Muñiz and ARISE Hargill - host volunteer groups. Please read the information provided to select a Center and date for your experience. The enclosed calendars may help you plan. Some groups have found that a two-week stay provides a fuller and less rushed experience. Our request is that each group arrive on Saturday and depart the following Saturday. This will ensure a complete week of activities and enough time for celebrations at the end of the week. *Note: For travel plans, Southwest and other airlines fly into Harlingen. Continental and American Airlines fly into McAllen.*

We look forward to receiving the creative activities and innovative ideas each group brings to share with the children of our communities. Each group is responsible for planning and providing the materials for a full week of activities for children, ages 3½ - 14 years old. We have attached sample crafts and activity ideas to assist you in coming up with creative ways to engage the children. It is important to know that each group must have a chaperone/group leader and is responsible for their own transportation to the Valley. ARISE Adelante is glad to provide room, board, food and basic transportation to each group.

As always, feel free to contact us with any concerns or questions before or after you've registered. Once you are registered, we will send important information and materials for the chaperone/group leader. Meanwhile we hope the enclosed packet will be useful and informative for formation and preparation of your volunteer group. Once again, thank you for your interest in ARISE Adelante. We excitedly await your arrival.

Sincerely,

Un Verano Con ARISE / ARISE Summer Program

# CONTACT INFORMATION

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## ARISE Support Center

1417 S. Tower Road  
Alamo, TX 78516  
(956) 783-6959

[info@ariseadelante.org](mailto:info@ariseadelante.org)



## ARISE South Tower

212 San Bernardino  
Alamo, TX 78516  
(956) 783-8517



## ARISE Las Milpas

125 E. Denny Drive  
Pharr, TX 78577  
(956) 783-9293



## ARISE Muñiz

3917 Jam Square  
Edinburg, TX 78539  
(956) 782-4041



## ARISE Hargill

29222 FM 493  
Hargill, TX 78549  
(956) 543-6988



# INTRODUCTION

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ARISE *Adelante* is a community-based program that is run by, for and with the people of each of the communities it serves. These communities, called "*colonias*," are economically impoverished, but are working together to improve life for their neighbors and their families.

Each summer, ARISE *Adelante* invites outside volunteers to join our organization to provide five to six weeks of learning and fun for community children during their summer vacation from school. Each group works, learns and reflects together, guided and supported by the community residents and staff of ARISE *Adelante*. In addition, ARISE *Adelante* provides cross-cultural, educational experiences for volunteers to meet with community members and better understand the realities of the border.

## Program Details

- Each volunteer session lasts one week (Sat - Sat); additional sessions are available.
- Room and board are provided. Volunteers assist with cooking and cleaning.
- Volunteers plan and carry out summer activities for children ages 3½ -14.
- Volunteers choose from four ARISE sites available, committing to that site for the week. (*Sites can also be assigned if there is no preference.*)
- Limit of 6-8 volunteers, plus chaperone per site (larger groups are more difficult to accommodate).

## Program Goals

- Support a cross-cultural volunteer effort to serve the children of ARISE communities through creative, social and educational activities.
- Foster an understanding of different cultures and communication between the volunteers and the community.
- Develop servant-leadership qualities within volunteers and community youth.
- Learn and enjoy growing together.

## Requirements for Participation

- Open to new experiences, different cultures, and the joy of working with children.
- Commitment to plan and provide age-appropriate activities for the children of the community for one week or more.
- Ready to meet and include youth volunteers from the community.
- Adult chaperone/group leader for each group.

# PROGRAM INFORMATION

## Volunteer Responsibilities

- ♦ Prepare week/daily plan of activities
- ♦ Bring all necessary supplies for activities
- ♦ Work every day with the children
- ♦ Cooperate and include community volunteers
- ♦ Cook and clean up after breakfast and evening meals
- ♦ Behave in accordance with highest values
- ♦ Provide own transportation to South Texas
- ♦ Bring own personal items and money
- ♦ Communicate with staff about needs
- ♦ Be patient with the different pace of life and difficulty of communication
- ♦ Share talents and experiences with the people of the community
- ♦ Be flexible and prepared for any changes made to the schedule

## ARISE Adelante Responsibilities

- ♦ Prepare all information for volunteers
- ♦ Encourage/register children to attend the program
- ♦ Enlist youth of the community to volunteer
- ♦ Organize lunch preparations
- ♦ Provide comfortable sleeping arrangements for volunteer groups
- ♦ Welcome and orient new volunteers
- ♦ Arrange valuable educational experiences
- ♦ Provide for the needs of each group
- ♦ Communicate and translate (English and Spanish)
- ♦ Share talents and life experiences

## Suggested Preparation Timeline

- |         |  |
|---------|--|
| January | ♦ Recruit/register group with chaperone  |
| -       | ♦ Choose ARISE site. Indicate preference on application                              |
| March   | ♦ Gather group and share educational/informational materials from orientation packet |
|         | ♦ Begin planning and preparing for children's activities                             |
|         | ♦ Contact ARISE Adelante regarding any questions or concerns                         |
| April   | ♦ Verify participants and send names to ARISE Adelante                               |
| -       |  |
| May     | ♦ Notify ARISE Adelante of final travel arrangements                                 |
|         | ♦ Make final preparations for summer program and gather all materials needed         |

## Group Leader & Arrival/Departure

- ♦ ARISE Adelante requests 1 chaperone for every 6 volunteers to be in charge of the group. At least 1 chaperone is mandatory for every group. If you are unable to find additional chaperones, please call ARISE to discuss alternatives.
- ♦ Because of the community-oriented nature of the summer program, ARISE asks each group to arrive on Saturday in order to receive a complete introduction to each center and community.
- ♦ ARISE recommends departure for the following Saturday so that the community and volunteers have time to complete the week's activities, say goodbye and prepare for the next group.

## Transportation

- ♦ If your group is flying, ARISE will make arrangements to pick up group at the airport. ARISE will provide basic transportation during the week for all program activities and necessities.
- ♦ Additional recreational trips will not be sponsored by ARISE Adelante. You will be responsible for your own transportation.
- ♦ If flying into McAllen or Harlingen, ARISE will provide transportation to and from the airport. If driving, you will be responsible for providing your own transportation during the week.

# FREQUENTLY ASKED QUESTIONS

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*Where will I sleep? What will I eat?*

ARISE provides room and board while you are here. Each group sleeps in the ARISE center where it volunteers. Accommodations, food and drink are basic but comfortable and plentiful. The community prepares the midday meal. Your volunteer group is responsible for preparing its own breakfast and dinner. Cleaning up after each meal and the morning is also the group's responsibility. Remember that your group is living together as a community for a whole week. Sharing, cooperating and communicating will be important.

*What is the weather like?*

Hot, Hot, Hot! Be prepared to bring hats, bandanas, sun block and light breathable clothing. We do not have air conditioning. Also, it can be very dusty when the wind is blowing. At times there are many mosquitoes.

*What should I bring?*

Pack light, but adequately. Remember that our work is outside most of the day. Make sure you pack necessities for the sun and outdoors. Wear sturdy shoes (sneakers, sandals with straps). Flip flops are not recommended.

*What will I do all day?*

Each day you will be working in two sessions of children's activities and an educational activity midday. ARISE hopes to provide you with a good mix of work, enjoyment, rest and reflection.

*Will I have any free time?*

Free time is limited mostly to after 7 pm. However, there are several engaging recreational and learning activities planned daily.

*How much money should I bring?*

Money is not necessary. However, you may like to purchase additional snacks, drinks or souvenirs not provided by ARISE. It is up to each individual volunteer.

*If my group is split between centers, will I see the other volunteers in my group?*

ARISE will assist in providing time in the evening for the whole group to eat and reflect together.

*Will I meet anyone my age?*

Yes, each group will be joined by youth volunteers from the community. They will work side by side with you in the children's program, accompany you on field trips, and share reflection and recreational activities.

# WHAT TO BRING



## Make sure to bring:

- ◆ T-shirts
- ◆ Shorts
- ◆ Tennis shoes or sandals with straps
- ◆ Pajamas/Sleeping clothes
- ◆ Sunday's best outfit (to wear to church)
- ◆ Towel
- ◆ Toiletries
- ◆ Necessary medications
- ◆ Sun block and sunglasses
- ◆ Hat
- ◆ Watch
- ◆ Passport or ID/Driver's License (necessary for identification purposes)
- ◆ Emergency Medical Form Information



## Optional:

- ◆ Cell phone
- ◆ Spanish dictionary
- ◆ Alarm clock
- ◆ Camera
- ◆ Spending money
- ◆ Snacks
- ◆ Personal pillow
- ◆ Bug spray
- ◆ Photos (to share)
- ◆ Personal water bottle

Note: For daily activities, most volunteers prefer to wear t-shirts and shorts. Please do not wear clothes that call attention to your bodies. (Bikinis, swimsuits, short shorts and low-cut tops with string straps are not acceptable.)

ARISE *Adelante* will provide bedding and pillows.

## LEAVE AT HOME:

- ◆ Electronics
- ◆ Expensive Jewelry
- ◆ **ABSOLUTELY NO ALCOHOL ALLOWED**



# WEEKLY SCHEDULE

Date:	Time:	Activity:	Important Notes:
.....			
SATURDAY		Arrival Welcome and Orientation	Meal provided at arrival
.....			
SUNDAY		Tour & Activities in the community  Church service in community or at San Juan Basilica  Orientation to ARISE Adelante and time with community youth  Prepare for week's activities	Dress appropriately    Get a good night's rest
.....			
MONDAY	8:30 - 11:30 AM	Summer Program Session	Eat breakfast before session begins.
	11:30 - 1:00 PM	Lunch	
	1:00 - 3:00 PM	Educational Experience	Ages of youth in the afternoon program vary from 6 - 20 years old
	4:00 - 6:00 PM	Summer Program Session	
	6:30 - 9:00 PM	Prepare dinner & Reflection time	At center
	10:00 PM	Bedtime - Lights out	
.....			
TUESDAY	8:30 - 11:30 AM	Summer Program Session	Eat breakfast before session begins.
	12:00 - 2:00 PM	Lunch with community	A family invites you to eat lunch at their home. Bring pictures to show.
	2:30 - 3:00 PM	Educational Experience	
	4:00 - 6:00 PM	Summer Program Session	
	6:30 - 9:00 PM	Prepare dinner & Reflection time	At center
	10:00 PM	Bedtime - Lights out	

# WEEKLY SCHEDULE (cont.)

Date:	Time:	Activity:	Important Notes:
WEDNESDAY	8:30 - 11:30 AM	Summer Program Session	
	11:30 - 3:30 PM	Lunch and Educational Trip	
	4:00 - 6:00 PM	Summer Program Session	
	6:30 - 9:00 PM	Prepare dinner & Reflection Time	At center
	10:00 PM	Bedtime - Lights out	
THURSDAY	8:30 - 11:30 AM	Summer Program Session	
	11:30 - 3:30 PM	Lunch and Educational Trip (Optional shopping opportunity)	
	4:00 - 6:00 PM	Summer Program Session	
	6:30 - 9:00 PM	Prepare dinner & Reflection Time	Dinner will be provided at Support Center.
	10:00 PM	Bedtime - Lights out	
FRIDAY	8:30 - 11:30 AM	Summer Program Session	
	11:30 - 3:30 PM	Lunch and Evaluation	
	4:00 - 6:00 PM	Summer Program Session	
	7:00 PM	Farewell Celebration	Dinner will be provided at the fiesta.
SATURDAY		Departure	

# GUIDES AND TIPS

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These are only suggestions, but please plan age-appropriate activities. Be creative!

It will be helpful to divide the whole session into at least two or three sections divided by breaks. Accommodate young children's short attention spans by planning short and varied activities within each section. Remember to incorporate different styles of learning. Children (and adults) can learn by doing, listening, seeing, etc. Organize creative, physical, intellectual, musical and recreational activities for the children.

- ♦ Simplify directions as some children have limited English abilities.
- ♦ Language development is important. Incorporate reading, word games, etc. that are appropriate to the children's levels.
- ♦ Physical activities have been a favorite. Plan ahead for best results.
- ♦ Have a backup plan in case some activities finish earlier than expected or don't work out as anticipated.
- ♦ Be patient and have fun with the youth. Personal attention is important. (Spend individual time with kids that benefit from individualized attention.) Please feel free to break into small groups.
- ♦ Don't be afraid to lead each day's activities. You are the leaders for the week.
- ♦ Please avoid physically rough games like Red Rover or tackle football.
- ♦ Water games are also discouraged.
- ♦ See the following pages for sample craft and activity games to assist you in your planning.



NOTE: ARISE Adelante is a community program incorporating people from different customs and religions and works to respect all of them. Please be respectful by keeping activities general, non-sectarian, and all inclusive.

# SAMPLE CRAFTS

## *Crafts for 3-5 year olds*

The following examples are to help provide groups with an idea of some appropriate crafts and activities for each age group. Please feel free to plan additional crafts and activities of your choosing that are engaging, simple and fun.

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### Straw Bead Necklace

Materials Needed:

- ♦ drinking straws
- ♦ yarn
- ♦ scissors
- ♦ safety pins
- ♦ bobby pins

Preparation: For the 3-5 year olds, cut the straws in advance.

Procedures:

1. Take a number of different colored drinking straws and cut them up into different sizes.
2. Thread a bobby pin with yarn (a single stand, not knotted at the end). Make sure the yarn is a little bit longer than the length needed for the finished necklace.
3. Tie the end of yarn around the safety pin so that the safety pin can be removed later. The safety pin prevents the straw pieces from fall off the other end of the yard.
4. Thread the straw pieces onto the yarn until the necklace is the desired length.
5. Remove the safety pin and tie the two ends of the yarn together. Cut off any extra yarn.

.....

### Paper Bag Octopus

Materials Needed:

- ♦ paper lunch bags
- ♦ newspaper
- ♦ scissors
- ♦ yarn
- ♦ markers

Procedures:

1. Ball up pieces of newspaper and put them in your bag. Fill the bag about 1/4 of the way full.
2. Gather the bag around the newspaper and shape the bottom so it looks more round than square.
3. Wrap a piece of yarn around where you gathered the bag together and tie it shut. The rounded, bottom half of the bag will now be the octopus' head.
4. Cut the top edges of the bag from the edge to where you tied to form the legs. Cut them so there are 8 strips. Round the edges a bit for a better effect. You can now set the octopus on the table and spread out the legs.
5. Use markers to draw on some facial features and you are done!

# SAMPLE CRAFTS

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## *Crafts for 6-14 year olds*

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### Paper Fish

- Materials Needed:
- ♦ pencil
  - ♦ ruler
  - ♦ glue stick
  - ♦ scissors
  - ♦ colorful paper
  - ♦ Googly eyes

Preparation: Have googly eyes ready.

#### Procedures:

1. Using the main piece of construction paper, fold the edge to make a square.
2. Cut off the excess
3. Open the square and fold the sides in, meeting the center crease.
4. Open the square and fold it in half.
5. Make ¼-inch cuts in the paper, starting an inch from the end. (Cut up to the crease.)
6. Open the paper and put glue on one side.
7. Bring the other side over it to fasten.
8. Cut off the point on top and round it out to make the fish head.
9. Using the scrap, cut a round piece to make the mouth.
10. Put glue on the edge and attach it to the body.
11. Use a contrasting color and cut out fins and tail. Draw the scales.
12. Glue the fins, tails and eyes.

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### Tissue Paper Flowers

- Materials Needed:
- ♦ tissue paper
  - ♦ pipe cleaners
  - ♦ scissors

Preparation: None needed

#### Procedures:

1. Cut a few pieces (about 4-6) of tissue paper about 8 x 10 inches.
2. Stack the paper in a pile and fold it like an accordion.
3. Tie the center of the folded paper with a green pipe cleaner (or twist tie).
4. Gently pull each piece of paper towards the top center of the flower, separating each sheet of paper from the others (forming the petals of the flower).



# GAMES & ACTIVITIES

Listed below are some ideas for games and activities the children enjoy. Please feel free to teach new games and activities and share personal experiences with the children.

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- ♦ Card Games
- ♦ Puzzles
- ♦ BINGO
- ♦ Soccer
- ♦ Four Square
- ♦ Tag
- ♦ Catch
- ♦ Dodgeball
- ♦ Hide and Seek
- ♦ Songs and Chants
- ♦ Friendship Bracelets
- ♦ Homemade playdough
- ♦ Bean bag toss
- ♦ Photo frames



# PRAYER

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Our first task in approaching  
another people,  
another culture,  
another religion,  
is to take off our shoes,  
for the place we are  
approaching is Holy.  
Else we may find ourselves  
treading on another's dream.  
More serious still,  
we may forget...  
that God was there before our arrival.

- Max Warren

# ARISE Adelante Summer Program Application

## "Un Verano Con ARISE"

.....  
Organization's Name: \_\_\_\_\_  
Group Leader Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relation to Group: \_\_\_\_\_ Other: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_

.....  
Group Leader Names                      Relation to Group                      Have you participated before?  
(1) \_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_  
(2) \_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_  
(3) \_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_

Number of participants (total): \_\_\_\_\_                      Age range: \_\_\_\_\_

.....  
Please indicate preferred dates and ARISE Adelante sites:

June 1-8	June 8-15	June 15-22	June 22-29	June 29 – July 6
Las Milpas	South Tower	Hargill	Muñiz	

.....  
Has your organization/school participated in the program before? Yes / No  
If so, when? \_\_\_\_\_

What do you hope to accomplish this year?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
I have read and will share with my group the rules, expectations and responsibilities as explained in the ARISE Adelante Summer Program Packet. I understand the commitment we make to the communities of ARISE and commit to fulfilling our tasks and responsibilities.

Print Name: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

**Please submit this form as soon as possible to:**

ARISE Adelante Support Center  
Attn: Eva Soto - Summer Program Coordinator  
P.O. Box 778  
Alamo, TX 78516  
Email: [esoto@ariseadelante.org](mailto:esoto@ariseadelante.org)  
Fax: 956-783-0274